

COVID-19:

Kwiyugarana, akato no kwicungera ni iki?

		Kwihebura	Kuja mu kato	Ukwicungera wewe nyene
	Ku bwa nde?	Abanduye umugera wa COVID-19 canke abasuzumwe bagasanga bafise umugera wa COVID-19 mugabo ata bimenyetso na bimwe bafise.	Abantu badafise ibimenyetso kandi <ul style="list-style-type: none"> barashikiranye cane n'umuntu arwaye COVID-19, canke canke bariko baragaruka muri Vermont bavuye hanze y'iyo Reta (kiretsé uturere twatoranijwe mu Bumanuko bw'Ubuseruko) ku mvó idafise intumbero itari ngombwa.¹ 	Abandi banyagihugu baba i Vermonter badafise ibimenyetso vy'indwara.
	Ntegerezwa kuguma muhira?	Ego	Ego	Kuguma mu rugo buracari uburyo bwiza bwo kugabanya ivyago vyo kwandukizwa. Kurikiza ubuyobozi bwo kwirinda igihe ugiye hanze.
	Noshobora kuja ku kazi?	Oya. Rangurira ibikorwa vyawe imuhira akazi kawe nikoba kabikurekurira niwoba wumva umerewe neza bihagije.	Oya. Rangurira ibikorwa vyawe imuhira akazi kawe nikoba kabikurekurira.	Kurikiza impanuro zigufasha kugira amagara meza be n'umutekano igihe uri ku kazi. Rangurira ibikorwa vyawe imuhira niwobishobora.
	Noshobora kuja hanze gutembera, gutembera kw'ikinga, gutembera n'amaguru?	Oya, si vyo kiretsé uhejeje gukira. ²	Oya, si vyo kiretsé haheze iminsi 14 kandi nta bimenyetso bigaragara. ³	Ego, mugabo guhana metero nka zibiri hagati yowe n'abandi, kiretsé abantu mubana mu rugo. Ambara agatambara gapfuka umunwa n'amazuru igihe uri mu bantu benshi.
	Noshobora kuja gusuma muri butike no gusuma ibindi bintu bihambaye nk'imiti?	Oya, Si vyo kiretsé warakize. ²	Oya, si vyo kiretsé haheze iminsi 14 ata bimenyetso vyibonekeza ku mubiri wawe. ³	Ego, mugabo usigaze imetero nka zibiri hagati y'abantu mutabana. Ambara agatambara gapfuka umunwa gakoze mu mouzu. Karaba iminwe zawe kensi kandi ntukore mu maso.
	Ntegerezwa kuguma mu cumba ca jenyene imuhira?	Ego, gushika uhejeje gukira. ²	Nimba bishoboka, gushika haheze iminsi 14, kandi ata bimenyetso vyibonekeza ku mubiri wawe. ³	Oya
	Nobigenza gute mu gihe ntanguye kumva narwaye?		Tangura wiyugarane kandi wakure muganga wawe.	Tangura wiyugarane kandi wakure muganga wawe.

¹ Urugendo rwa ngombwa harimo kurondera imfungurwa, kwivuza, kuvuza` abandi, canke akazi k'urudandazwa rurekuriwe gukorwa.

² Gukira vyemerwa ibintu bitatu bikurikira bibaye: 1) Haheze iminsi itatu yuzuye ata mucanwa ufise-utafashe imiti igabanya umucanwa, kandi 2) Ibindi bimenyetso vyaragabanuse, kandi 3) N'imiburiburi haheze iminsi 10 nta bindi bimenyetso vy'indwara bigaragara. Canke niwoba utari ufise ibimenyetso igihe bgsuzumye, gukira vyemerwa haheze iminsi 10 utanguye guharura kuva kw'itariki wapimiweko bagasanga ufise umugera kandi utabandanya kugaragaza ibimenyetso.

³ **Ku biraba abantu mushikirana cane:** Iminsi 14 iheze utanguye guharura kuva ku munsi uheruka gushikirana cane n'umuntu arwaye COVID-19. **Ku biraba ingenzi zitashe:** Iminsi 14 iheze utanguye guharura kuva ku munsi uheruka gusohoka i Vermont (udaharuye uturere two mu Bumanuko bw'Ubuseruko). Ronka ayandi makuru ku muhora wa healthvermont.gov/covid19-travelguide.

*Utegerezwa gupimwa mu kiringo uri mu kato nimba ata bimenyetso vyigera vyibonekeza ku mubiri wawe. Akura muganga wawe kugira mwumvikane ingene utegerezwa gupimwa ku munsi w' 7 canke mu nyuma yavo. Guma mu kato gushika uronse inyishu z'ibipimo. Inyishu nizerekana ko utarwaye, kandi ibimenyetso bibandanya kutibonekeza, urashobora kuva mu kato.

COVID-19:

What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	For whom?	People sick with COVID-19 or tested positive for COVID-19 but did not have any symptoms.	People with no symptoms and who <ul style="list-style-type: none"> were in close contact with someone sick with COVID-19, or are returning to Vermont from out of the state (except select counties in the Northeast) for anything other than an essential purpose.¹ 	Other Vermonters who don't have symptoms.
	Do I stay home?	Yes	Yes	Staying home is still the best way to lower your risk. Follow prevention guidance when you go out.
	Can I go to work?	No. Work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.	Follow health and safety guidance while at work. Work at home if you can.
	Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. ²	No, not until 14 days have passed and no symptoms have appeared. ³	Yes, but keep six feet away from others, except people you live with. Wear a mask if it's crowded.
	Can I go out for groceries and other essential items like medication?	No, not until you have recovered. ²	No, not until 14 days have passed and no symptoms have appeared. ³	Yes, but keep six feet away from people you don't live with. Wear a cloth mask. Wash your hands often and don't touch your face.
	Do I stay in a separate room in my home?	Yes, until you have recovered. ²	If possible, until 14 days have passed, and no symptoms have appeared. ³	No
	What if I start to feel ill?		Start isolation and call your health care provider.	Start isolation and call your health care provider.

¹ Essential travel may include for food, medical care, care of others, or work for businesses that are allowed to operate.

² Recovery is when all three have happened: 1) It's been three full days of no fever without the use of fever-reducing medication, and 2) Other symptoms have improved, and 3) At least 10 days have passed since any symptoms appeared.

Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

³ For close contacts: 14 days since the day you were last in close contact with the person with COVID-19. For returning travelers: 14 days since you were last outside of Vermont (excluding select counties in the Northeast). Information at healthvermont.gov/covid19-travelguide.

*You may get tested during your quarantine period if you never had any symptoms. Call your provider to arrange for testing on or after day 7. Stay in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can end your quarantine.